

Peppermint Hot Chocolate

Mint and chocolate are made for each other, simple as that.

Ingredients:

- ❄️ 6 cups low-fat 1% milk
- ❄️ ½ cup sugar substitute
- ❄️ Dash of salt
- ❄️ ½ cup unsweetened cocoa powder
- ❄️ ¼-½ teaspoon peppermint extract
- ❄️ Optional: sugar-free candy canes for stirrers

Directions:

1. Combine milk, sugar substitute, and salt in a large saucepan over medium heat until mixture begins to steam (do not boil).
2. Whisk in cocoa powder until completely combined.
3. Stir in peppermint extract to taste.
4. Ladle into mugs and serve.

Makes 8 servings.

REMINDER TO SELF: Ask parents if children have any food allergies!

